

next week at colquitz

thursday, april 10, 2026

THIS WEEK'S REFLECTIONS

Hello Colquitz Families,

Well, I am hopeful that the weather this week confirms that Spring has finally Sprung!

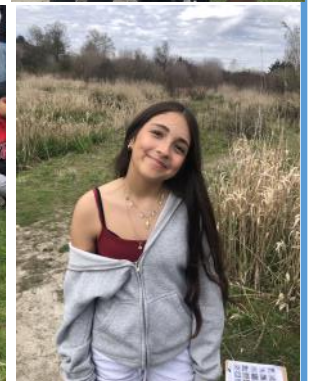
It was beautiful and sunny all week, and lots of classes spent quality time outside on field trips. Just one example is that Divisions 18 and 19 went to Panama Flats today for some bird watching and learning. They also were part of the Blue Pod Challenge this week. Enjoy these photos from both!

Many of our Grade 7 and 8 Music Program students also enjoyed their trip to Port Alberni this past Wednesday and Thursday. The teachers gushed about how well they behaved and performed, and it sounds like fun was had by all. Thanks to Ms. Forster and Ms. MacKenzie for all of their hard work in preparing students and organizing, and a big thank you to the parent chaperones!

Please note that **next Friday is our Division, Teams, and Clubs photos**. Please encourage your child to wear what they will be happy to see in yearbook photos, and support them in being on time.

Enjoy the weekend with your friends and family,

- Carrie Schlappner, Principal



next week at a glance

Monday, April 13

- CPAPA Meeting @ 6.30pm **(CANCELLED)**

Tuesday, April 14

- Vaisakhi/Baisakhi

Wednesday, April 15

-

Thursday, April 16

- *Rhyme with no reason* **(dress up as a random rhyme like dj and pj)**

Friday, April 17

- **Class, teams and clubs photos**

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upcoming important dates—*mark your calendars!*

| | |
|---------------------|---|
| Monday, April 20 | Indigenous Student Lunch |
| Tuesday, April 21 | Earth Day PAC Meeting @ 6.30pm |
| Wednesday, April 29 | Theatre Pull-out starts Student-Led Conferences @2.30-6.30pm Dinner from 5-5.30pm Early Dismissal @ 1.49pm |
| Monday, May 4 | CPAPA Meeting 6.30pm Indigenous Student Lunch |
| Tuesday, May 5 | Red Dress Day |

Yearbooks are on sale now!

Yearbooks cost \$26.

To order your child a copy of the yearbook, please click [here](#).



Yearbooks are delivered to students at the end of June

Reporting

Absences



Please email colquitz@sd61.bc.ca AND your child's teacher if your child will be late or absent, or call the Attendance Line at 250-479-4313.

This is the best way to ensure we get the message and a call-out does not go out to you in error.

Thank you

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Connect & Learn

Online Events for Parents & Caregivers

Every month, we host events for parents and caregivers of a child or youth with a mental health and/or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.



Emotion Regulation Part 2: Deepening Our Understanding

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch our second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

- COST: Free
- DATES:

Times are in Pacific Time (most of B.C.)

- Tuesday, April 7, 6:30pm
- Tuesday, April 21, 12:00pm
- Wednesday, April 29, 6:30pm

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Dates & Time:

Tues. April 7th, 6:30pm - 8:00pm
Tues. April 21st, 6:30pm - 8:00pm
Wed. April 29th, 6:30pm - 8:00pm

Register: <https://familysmart.ca/monthly-events/>

Watch Now: <https://youtu.be/2kANrAkqSJA?si=2x7idY7SwVIWt4UL>

Supporting Our Kids With Substance Misuse while Caring For Ourselves:

As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives. Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationships.

Dates & Time:

Thurs. April 16th, 6:30pm - 8:00pm
Thursday April 23rd, 6:30pm - 8:00pm

Register: <https://familysmart.ca/monthly-events/>

Watch Now: <https://youtu.be/ZxdqNwy-nQU?si=T2FcJdLvfi9rQjw8>

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- COST: Free
- DATES:

Times are in Pacific Time (most of B.C.)

- Thursday, April 16, 6:30pm
- Thursday, April 23, 6:30pm



Register online at
familysmart.ca/events



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PAC UPDATE

April Meeting

Our next PAC meeting will be held on April 21 at 6:30 pm in the library.

This will be the final meeting of the current PAC Executive before the AGM.

Curious about getting involved? Come along and bring your questions! The Executive roles available for the upcoming year are:

- ⇒ Chair
- ⇒ Vice Chair
- ⇒ Treasurer
- ⇒ Secretary
- ⇒ Social Media Officer
- ⇒ VCPAC Representative



May AGM & PAC Elections

The PAC **Annual General Meeting (AGM)** will take place on **May 19 at 6:30 pm in the library.**

PAC elections will be held at this meeting!

Having a PAC Executive is essential. It's required to apply for and receive the Gaming Grant, which is the PAC's primary source of funding. These funds directly support the many valuable programs and opportunities available to our students.

As we look ahead, new volunteers are vital to ensure the PAC can continue supporting our school community.

Interested in joining the PAC Executive or learning more?

Email SerenaBirkSamra@gmail.com
or KoppLeanne@gmail.com

VCPAC Annual General Meeting

Thursday, April
16, 2026

7:00-9:00 pm

Reynolds Library and on

Google Meet

<https://tel.meet/fvc-doix-uvq>



All parents are welcome to attend.

VCPAC Call for Nominations

VCPAC is accepting **nominations for the VCPAC Board** in accordance with our **revised bylaws** (February 2026).

Each **active member PAC** is invited to nominate a parent from their school community to stand for election to the Board at the **VCPAC Annual General Meeting**.

To submit a nomination, please complete the online form at the link below:

□ **VCPAC Board Nomination Form:**

<https://forms.gle/cprg3vEGdBtvyyaD6>

The form includes eligibility requirements, PAC confirmation, and nominee consent. Advance nominations are encouraged, though nominations may also be accepted from the floor at the AGM in accordance with the bylaws.

Thank you for supporting strong parent representation across SD61. If you have any questions, please contact nominations@vcpac.ca.

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SPORTS @ COLQUITZ

**Here is the schedule for Sports practices and games.
Please check in with your students around information from coaches.**

| Apr 13–Apr17 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|--------------------------|--|---|---|
| Before school | Open girls vball practice w Mark and Kiet 7:00 am | | | Badminton practice | |
| Other | | | | | Team Pics in am |
| Lunch practice | HJ in the gym CC Running practice, library field Albach and Harvie | Intramural Badminton | Field Hockey Practice (Gym) Discus practice w Mr Arnott | Intramural Badminton | Shotput practice (CC) Long Jump/Triple Jump practice Albach and Harvie |
| After school practice | Rugby Practice 2:50-4:15 Library Field | Badminton practice | Track and Field Open Practice library field | Mountain Biking 3:45-5pm at Hartland Field Hockey Practice (Gym) 3pm-4pm | |
| Competition | | 6/7 Boys Rugby @ Bayside | Badminton Exhibition @ Colquitz | 7/8 Boys Rugby @ Colquitz | |

A heartfelt thank you to our dedicated school and community coaches who generously give their time and energy, often balancing family, work, and many other commitments in order to help make Colquitz such a positive and active place for our students.

We kindly ask for your patience and understanding as they support our teams. If you feel you may be missing information, a great first step is to check with your child to see if a handout or message was shared.

There are also several ways to stay informed:

- School announcements
- The TV in the foyer displaying daily updates

- Daily announcements posted on our website
- The sports calendar in our newsletter
- The athletic board at the school and on the website
- The LIMSSA (Lower Island Middle School Sports Association) website
- Or by reaching out via email to our Athletic Director, Christine Crljenkovic

Thank you for your support in helping our school community run smoothly and positively for everyone.

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The Society for Kids

The Society for Kids at Tennis (KATS, www.kidsattennis.ca) is once again providing their free tennis lessons and equipment to families experiencing financial barriers. This program uses the “progressive tennis” approach recommended by Tennis Canada, it uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development.

Anyone interested in registering, please get them to send me a completed registration form, found on our [website](#) before Friday, April 10.

Please note, this tennis program takes place at Banfield Court on Craigflower Rd, next to Vic West Community Centre.

The spring session dates are as follows:

Tennis 5 - 8 year olds

Mondays: 11-week program.
April: 13, 20, 27
May: 4, 11, 25
June: 1, 8, 15, 22, 29
Time: 4:00 pm - 5:00 pm

Tennis 9 - 13 year olds

Mondays: 11-week program.
April: 13, 20, 27
May: 4, 11, 25
June: 1, 8, 15, 22, 29
Time: 5:00 pm - 6:00 pm



Vic High Middle School Beach Tournament



May 22nd, 2026

Location: Victoria high school, beach volleyball courts
Who Can Play: 6/7/8 girls 6/7/8 boys

We will be splitting the categories based on age (it is preferable that all three teammates are in the same grade).

Format: Teams will compete in a round-robin style tournament followed by playoffs in the afternoon. Volleyball B.C beach rules will be in effect.

50\$ per team of three. (All players MUST be from the same school)

Payment information will be sent out to the team contact person once registration has been received.

To register, please use the following link:

https://docs.google.com/forms/d/e/1FAIpQLSeVPjpcqwbYZ0z7yH5V2p5Rzhy2T6udAnWTCdpsR_g1vttimw/viewform?usp=publish-editor

For any questions, please contact:

Tournament contact: Jean Morrison jemorri-son@sd61.bc.ca

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MUSIC UPDATE

Tour Update:

The students had a great time and performed well! Ms. MacKenzie and I were very impressed with everyone's behavior. Thank you to all students, staff, parents, guardians, and chaperones for their work in making this trip happen. It takes a village.

Please make sure your student brings \$2.00 for the bus driver's gifts if they have yet to do so.

Extra help/practice space is available:

Tuesday: Nut break

Wednesday: Nut Break and lunch recess

Thursday: Nut break, lunch recess (practice space only)

Schedule:

Schedule has returned to normal!

Tuesday:

7:40 am: Band 7/8 COMBINED (All grade 7/8 band students!)

8:54 am: Band 6 Green

9:36 am: Band 6 Orange CANCELLED, as all orange pod is on a field trip. Students can bring their instruments and music to the band room after 8:30 am.

Lunch: Jazz Band (Please come right at lunch EATING time.)

Wednesday:

7:40 am: BAND 6 COMBINED (All instruments, both pods)

10:33 am: Band 7

11:15 am: Band 8

Thursday:

7:40 am: JAZZ BAND

8:54 am: Band 8

9:36 am: Band 6 Green

10:33 am: Band 7

11:15 am: Band 6 Orange

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BC Summer Games Kelowna 2026 – Ultimate Frisbee Zone 6 Vancouver Island – Central Coast Tryouts!

Ultimate is back at the BC Summer Games for 2026, and Zone 6 (Vancouver Island – Central Coast) is gearing up.

We are inviting eligible athletes to try out for the Zone 6 ultimate team competing in Kelowna from July 23–26.

The tournament features mixed play. Male and female matching athletes born in 2011, 2012, or 2013 are eligible to try out.



TRYOUT DATES:

- April 21 – Victoria (6:00–8:00 PM, Beckwith Park)
- April 23 – Victoria (6:00–8:00 PM, Beckwith Park)
- April 25 – Nanaimo (1:00–4:00 PM, location TBD)

Athletes are encouraged to attend more than one tryout where possible.



(QR code for registration page)

Coaching staff:

Head Coach: Danny Saunders
Assistant Coach: Taryn Webster

* Registration is required. Use the Link or QR code for registration and more information.

Link: <https://yups.bc.ca/e/bc-summer-games-2026-zone-6-tryouts>

Please share with eligible athletes and programs across Zone 6.

Still have questions? (i) Tryouts: bcgameszone6ultimate@gmail.com
(ii) General questions: Youth@yups.bc.ca

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- ✓ Ages 5 to 13

- ✓ Morning & Full Day sessions
- ✓ Before & After Care available

For more information:
royalsoccerclub.com
 800-427-0536

Mornings starting from \$165/week
Full Days starting from \$249/week

* Limited time, discounts vary, see website
Additional discounts for week 1 & 6 (4 day weeks)

PEARKE'S YOUTH CENTRE (FLIPSIDE)

WEEKLY CALENDER

10-17yrs

Jan-May 2026

| | | | |
|--|---|--|--|
| <p>Monday</p> <p>After School Drop-in 3:30-5:30PM (FREE)</p> <p>Girls on the Go - Girls Group 6:00 - 8:00 PM (FREE)</p> | <p>Tuesday</p> <p>After School Drop-in 3:30-5:30PM (FREE)</p> <p>Magic: The Gathering Club 6:00 - 8:00 PM (FREE)</p> | <p>Wednesday</p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>Pearkes Youth Art Hive 6:30 - 8:30 PM (FREE)</p> | <p>Thursday</p> <p>Homeschool Social Drop-in 12:00 - 2:00 PM (FREE)</p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>2SLGBTQIA+ Dinner + Social Drop-in 6:00-8:00PM (FREE)</p> |
| <p>Friday</p> <p>After School Drop-in 3:15-5:15PM (FREE)</p> <p>Flipside Fridays (Jan-Mar) 4:00-7:00PM (\$30)</p> <p>Teen 2 Chef (Apr-May) 5:00-7:30PM (\$15)</p> | <p>Saturday</p> <p>BIRTHDAY PARTY RENTALS 11:00AM - 1:00PM OR 2:00-4:00PM \$170</p> | <p style="color: yellow; font-weight: bold;">SCAN TO REGISTER</p> | |

HOW TO REGISTER:

1. Online via Saanich RecOnline site, through the above QR code, or through this direct [LINK](#)
2. Phone: 250-475-5462
3. In person at G.R. Pearkes Recreation Centre Reception

G.R. Pearkes Recreation Centre
3100 Tillicum Road Victoria, BC V9A 6T2, 250-475-5400

The Youth Centre entrance is located beside the 5 minute loading zone parking at the front of the building

Program Info

Closed on STAT Holidays and some Pro-D days

All programs are free or low cost for the community

- Drop-in Programs include snack
- Registered Program